



## Tools and resources on fatigue for use in clinical practice, education and training

### Fill in this tool

[Symptoms Assessment Scale \(SAS\)](#)  
(172kb docx)

Assess the patient's anxiety around physical symptoms that bother, worry or cause distress

### Utilise this tool

[Australia-modified Karnofsky Performance Scale \(AKPS\)](#)  
(35kb pdf)

Measure the effects of fatigue using this scale by Abernethy et al.

### Complete this tool

[Brief Fatigue Inventory \(68kb pdf\)](#)

An observation scale by the M.D. Anderson Cancer Center to measure average, current and worst fatigue symptoms in palliative care patients

### Download this tool

[Functional Assessment of Cancer Therapy - General](#)

Measure impacts of cancer therapy and their side effects on the quality of life of palliative care patients using this scale by FACIT.org

### Fill in this tool

[Fatigue diary and weekly planner](#)  
(64kb pdf)

Collaborate with fatigued patients using this diary by Marie Curie (UK) to record symptoms and plan activities that help manage symptoms

### Access this resource

[Fatigue in palliative care](#)

Read information by Marie Curie (UK) covering what fatigue is in palliative care, its causes, assessments and management strategies for common symptoms